

NURTURE YOUR MIND, BODY & SOUL

*Workshop Series**

Time Management

Wed, Feb. 8, 2:30-3:30pm &
Mon, Feb. 13, 11:30- 12:30pm

Test Taking Anxiety

Wed, Feb. 22, 2:30-3:30pm &
Mon, Feb. 27, 11:30-12:30pm &
Wed, May 3, 2:30-3:30pm

Stress Management

Mon, March 6, 12-1pm
Stonsby Lounge &
Wed, April 19 2:30-3:30pm

Anger Management

Wed, March 8 2:30-3:30pm
Wed. April 5, 2:30-3:30pm

Goal Setting

Wed, March 22, 2:30-3:30pm

Building Healthy Relationships

Mon, March 27, 11:30-12:30pm

Public Speaking Anxiety

Mon, April 10, 11:30-12:30pm

*Support Groups**

Cross Cultural Conflict Group for Women - TBA

Mother's Support Group- TBA

For Smokers Only Support Group- TBA

Recovery Support Group- Mondays, 11:30

LGBTQI Support Group- TBA

ACOA Support Group- Thursdays, 4:00pm

Brought to you by:

Psychological & Counseling Services

249 University Ave Blumenthal Hall, Room 101

(973)353-5805 <http://counseling.newark.rutgers.edu>

** unless otherwise indicated all workshops and groups will take place in Blumenthal Hall, Room 101*